

HUMMUS



CLOUDY

MAKES: 1-1/2 cups

DIRECTIONS:

1. Place all of the ingredients, except the olive oil, in the bowl of a food processor or blender and puree.
2. If necessary, add 1 to 2 tablespoons of water to make it creamy.
3. Pour the olive oil over the spread before refrigerating to keep it from drying out.

INGREDIENTS:

- 1 15-ounce can chickpeas, drained
- 1 to 2 crushed garlic cloves
- 1/4 cup lemon juice
- 1/4 cup tahini paste
- 2 tablespoons olive oil



Chick peas are a valuable source of protein. They're also known as garbanzo beans!